

# Meatballs in Chipotle Sauce

CampbellsKitchen.com

## Servings: 4

1/4 cup masa harina OR yellow  
cornmeal  
1/4 cup hot water  
1/2 pound ground beef  
1/2 pound ground pork  
1 medium (1/2 cup) onion, finely  
chopped  
3 cloves garlic, minced  
1/2 teaspoon dried oregano leaves,  
crushed  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons canola oil  
1 can (10-3/4 ounce) Campbell's  
Condensed Tomato, Chipotle and  
Olive oil Soup  
1/2 cup water

## Preparation Time: 20 minutes

### Cook Time: 15 minutes

In a large bowl, stir the masa harina and hot water. Add the beef, pork, onion, garlic, oregano, salt and black pepper. Mix thoroughly. Shape the beef mixture firmly into sixteen meatballs (1-1/2-inch diameter).

In a twelve-inch nonstick skillet over medium-high heat, heat the oil. Add the meatballs and cook for 10 minutes or until well browned and cooked through. Remove the meatballs from the skillet.

Stir the soup and water in the skillet and heat to a boil. Return the meatballs to the skillet and stir to coat. Reduce the heat to medium low. Cook for 5 minutes or until the meatballs are hot, stirring occasionally.

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Per Serving (excluding unknown items): 400 Calories; 34g Fat (77.1% calories from fat); 19g Protein; 3g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 339mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 5 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	400	Vitamin B6 (mg):	.4mg
% Calories from Fat:	77.1%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	19.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	34g	Folacin (mcg):	12mcg
Saturated Fat (g):	11g	Niacin (mg):	5mg
			0mg

Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	89mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	339mg
Potassium (mg):	346mg
Calcium (mg):	25mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	4IU
Vitamin A (r.e.):	1RE

Caffeine (mg):	0
Alcohol (kcal):	0
% Refused:	n n%

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 400 Calories from Fat: 308

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#### % Daily Values\*

<b>Total Fat</b> 34g	52%
Saturated Fat 11g	55%
<b>Cholesterol</b> 89mg	30%
<b>Sodium</b> 339mg	14%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 1g	2%
<b>Protein</b> 19g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	5%
<b>Calcium</b>	3%
<b>Iron</b>	9%

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\* Percent Daily Values are based on a 2000 calorie diet.